TELETHON KIDS INSTITUTE
Discover. Prevent. Cure.

MANY HEALTHY LUNGS

INFORMATION BROCHURE

YOUR LUNGS

These are your lungs

They sit inside your chest and surround your heart

We need our lungs to breathe and get the good air called oxygen into our body.

When your lungs are sick, you can't get all the oxygen you need to have energy.

LUNG SICKNESS

When lungs don't work properly it can make people cough or get short wind.

It is important for people who have sick lungs to do breathing tests. This will help doctors to give the right medicine to make kids and adults feel better.

Some lung sickness you might know is asthma, COPD or pneumonia.

WHAT IS THE MANY HEALTHY LUNGS PROJECT?

The Many Healthy Lungs project is looking at using breathing tests to help Aboriginal people who have sick lungs get the right medicine to feel better.

We need to do breathing tests on healthy people so that doctors can see the difference between good lungs and sick lungs.

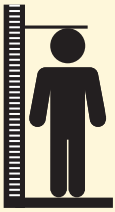
CAN I PARTICIPATE?

You can be a part of this project if you or your kids…

1. Are Aboriginal or Torres Strait Islander Australian
2. Have never smoked more than 100 cigarettes (5 packs)
3. Have never been told by a doctor you have a lung disease like asthma or COPD

WHAT WILL BE ASKED OF YOU?

We will take your -



Height

Weight

Blood pressure

Health staff will ask you some questions about you and your health.

We will do 3 breathing tests. None of these tests will hurt you or cause you any harm.

WHAT ARE THE BREATHING TESTS?

There are three different tests that will help doctors to see all the parts of your breathing.

1. **Spirometry**:

This test measures how fast you can get all the air out of your lungs

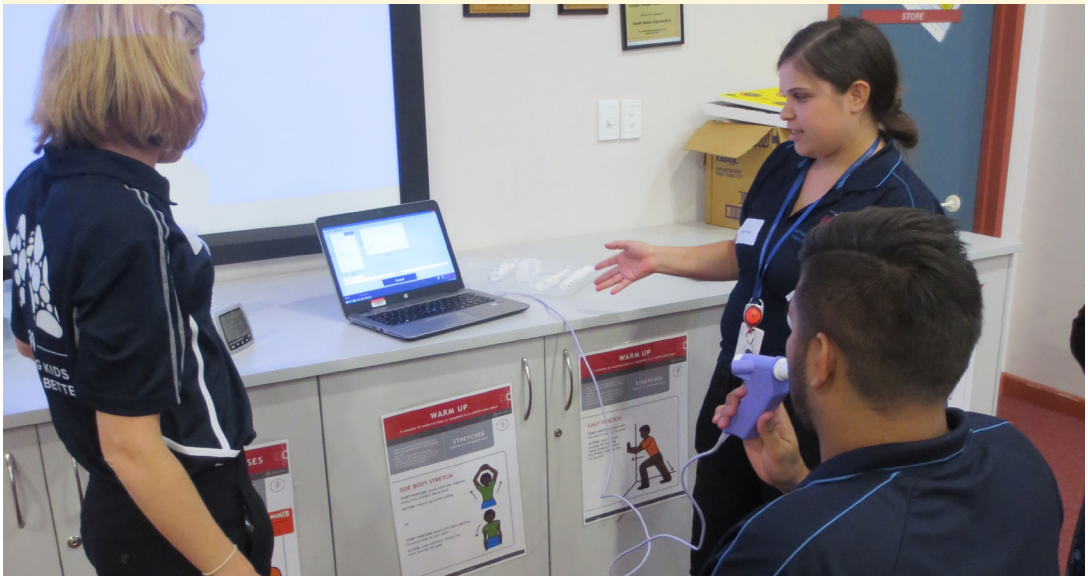
2. **Multiple Breath Washout test (MBW)**:

This test measures how evenly oxygen fills your lungs

3. **DLCO test**:

This test shows us how much oxygen goes from your lungs into your blood.

We will help you with the breathing test and practice before we begin. We need to do the breathing tests a few times and the appointment will take about 2 hours.



How will you help your community?

Having sick lungs is one of the main reasons why Aboriginal people need to go to hospital.

By taking part in this project you will be able to help kids and adults with lung sickness.

Let's work together to help kids and adults with breathing problems feel better.

How will the Many Healthy Lungs Project help your community?

We will give breathing test equipment to Derbarl Yerrigan Health Service to continue to test Aboriginal people with breathing problems.

DO I HAVE TO DO THE STUDY?

No. Being part of the study is your choice. You can withdraw at any time.

WHAT IF I DON'T WANT TO TAKE PART IN RESEARCH ANYMORE?

Just tell the researchers or Derbarl Yerrigan staff that you don't want to take part anymore. You don't have to give any reason. It is YOUR choice.

DO ANY OF THESE TESTS HURT?

None of the testing will hurt you. If you feel light headed or sick at any point let staff know and we will stop.

If you feel uncomfortable doing any of these tests or questions...

Please let us know and we will stop.

DO I NEED TO ANSWER EVERY QUESTION?

No, if you feel uncomfortable with any question that is asked, you do not have to answer. We will not ask why.

"WILLY WILLY LUNGS" ARTWORK

My art is about the lungs and depicts strong healthy lungs by using colour and willy willy spirits, to show strength from our old people, moving in the wind and travelling the land with ease. As a willy willy is also like a mini tornado which is some strong wind for your lungs.

The top middle blue semi circle with the "U" symbol, is people sitting talking about strong healthy lungs and how they can get the message out to everyone on how to have healthy lungs. Its only half the people starting the message but very important beginnings.

Then it connects and branches into two large spirits of healthy lungs, growing through the lungs nicely. The orange is for earth connection, the green is for growth and the light blue for clean air.

The willy willy spirits inside the lungs swirling around, represent the strongest powerful winds. Which are all a result of the first people yarning about healthy lungs and people listening and learning.

All the concentric circles/waterholes/places surrounding the lungs are the people from many places, all talking to each other, passing on the knowledge, of how to have the strongest most powerful lungs too.

The pink colour represents healthy lung cells, which is what we all want.

The small white dots represent all the tiny important connections in your lungs and connections in your body to keep you alive, healthy and very happy.

The wise spirits at the bottom are keepers of healthy lungs and have our lung health in safe hands for many years to come, encouraging our lungs to stay in the clean air. Keeping our lungs healthy (all the light blue dots surrounding the lungs throughout the whole area). The six dotted circles with the yellow centre are the fires burning. They keep the messages alive by burning and carrying it into the future.

By Nerolies Art

Nerolie Bynder

PRIVACY

All your information will be kept private. Only the researchers and health staff will know that you helped with this project. All information will be kept safe.

CONTACT

Phone: 6319 1627
Email: manyhealthylungs@telethonkids.org.au

TELETHON KIDS INSTITUTE
Discover. Prevent. Cure.

Northern Entrance, Perth Children's Hospital,
15 Hospital Avenue, Nedlands WA 6009
PO Box 855, West Perth Western Australia 6872
T | 08 6319 1000
E | contact@telethonkids.org.au
W | telethonkids.org.au

DERBARL YERRIGAN HEALTH SERVICE ABORIGINAL CORPORATION